

ELK RAPIDS SCHOOLS  
HS SCHOOL 2017 -2018 MENU

<b>Week 1:</b>				
<b>Monday</b>	<b>Taco Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
Rotini with Meat Sauce Garlic Bread  Fresh fruit & Vegetable Bar	Chicken Taco Salad Corn Chips & Salasa  Fresh fruit & Vegetable Bar	"Breakfast For Lunch" Cheese Stuffed Cinnamon/Blueberry Breadstick Sausage Patty Fresh fruit & Vegetable Bar	Chicken Pot Pie Ceasar Salad  Fresh fruit & Vegetable Bar	1/2 Day of School NO LUNCH
<b>Week 2:</b>				
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Grilled Chicken on a Pretzel Bun Ranch Potato Wedges  Fresh fruit & Vegetable Bar	2 Soft Shell Taco's Spanish Rice  Fresh fruit & Vegetable Bar	Chicken Tenders Crinkle Cut Fries  Fresh fruit & Vegetable Bar	Mac & Cheese Garlic/Parmesna Breadstick  Fresh fruit & Vegetable Bar	Pizza Stuffed Bosco Strawberry Cup  Fresh fruit & Vegetable Bar
<b>Week 3:</b>				
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Bacon & Cheese Potato Skins Coleslaw  Fresh fruit & Vegetable Bar	Chicken & Cheese Nacho's Strawberry Cup  Fresh fruit & Vegetable Bar	Meatball Sub Sweet Potato Fries  Fresh fruit & Vegetable Bar	"Breakfast For Lunch" French Toast Sausage Links Fresh fruit & Vegetable Bar	Pepperoni Calzone Mixed Fruit Cup  Fresh fruit & Vegetable Bar
<b>Week 4:</b>				
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Breaded Chicken Drumstick Redskin Mashed Broccoli Cheese Bites Fresh fruit & Vegetable Bar	Walking Beef Taco Frozen Slush Cup  Fresh fruit & Vegetable Bar	"Asian Bowl" Sweet 'n' Sour Cherry Chicken over Lo Mein Noodles, Veggies Fresh fruit & Vegetable Bar	COOKS CHOICE  Fresh fruit & Vegetable Bar	COOKS CHOICE
<b>Milk is served with every meal. SALAD BAR: Lettuce, salad fixings, fresh fruit and juice available every day.</b>				
<b>Breakfast Offered Daily 7:30</b>				
1. Breakfast Pizza 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. Cheese omelet toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. Pancakes and sausage 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. Scrambled eggs toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. French toast and sausage 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>

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